



IronMan Competition

Ann Gramkow spoke to the Treynor Optimist Club on September 29 about her participation in an Iron Man Competition in Louisville, Kentucky on August 25, 2012. Ann was one of 3000 athletes to compete.

The IronMan is a triathlon, consisting of swimming 2.4 miles, biking 112 miles, and running 26.2 miles. In Kentucky they swam in

the Ohio river, which was 80 degrees, and biked and ran in 90 degree temperatures with a high humidity. The Pros start the competition off first.

Ann prepared for the trip by biking 30 miles, running 1-2 miles, and swimming each weekday. On Saturday she would swim 1.5 hours, bike 60-100 miles, and run on Sunday.

The book of Hebrews in the Bible helped Ann stay focused. During the competition you cannot listen to music, but Ann wrote Philippians 4:13 (I can do all things through Christ which strengtheneth me) and Isaiah 40:30 (Even the youths shall faint and be weary, and the young men shall utterly fall) on her calves.

During the swim there are boats nearby to help anyone who gets in trouble in the river. During the ride and running they provide Gatorade, water, and

Calendar

Birthdays

- Sep 9 - Arlyn Norris
- Sep 10 - Milli Harvey
- Sep 19 - Bob Hibbard
- Sep 19 - Dee Gutttau
- Sep 30 - Tim Greiner

Anniversaries

- Sep 26 - Bill & Ann Vorthmann

Programs

- Oct - Chuck Nielsen
- Nov - Gary Gutttau
- Dec - Bill Vorthmann

granola bars. Ann focused on staying on a nutrition plan, eating every 15 minutes even if she wasn't hungry. She used a cooling rag to stay cool and had chicken broth after the race to settle her stomach.

Ann finished 39th in her division of 25-29 year olds. She was 268 in her gender rank and 1254 overall. Her overall time was 14 hours, 2 minutes, and 23 seconds. The swim took her 1 hour, 19 minutes, and 9 seconds. Her biking was 7 hours, 2 minutes, and 59 seconds. Her run was 5 hours, 20 minutes, and 53 seconds. Her transition times (to change clothes) were about 9½ minutes between each event.

Additional statistics are available at <http://www.ironman.com/triathlon/events/ironman/louisville/results.aspx#axzz2ApfJ09yt>.

Ann went to the competition with her parents. Her mother is a nurse, which helped relax her fears. They left Thursday after school, checked in on Friday, and drove all the way home on Monday.

Meeting Minutes

Chuck Nielsen opened the Treynor Optimist Club meeting on September 29 and led in the Pledge of Allegiance. Chuck Nielsen, Arlyn Norris, and Gary Gutttau provided jokes. Arlyn Norris offered the opening prayer.

Richard Vorthmann contributed to the Youth Fund in recognition of a great grandson who rode sheep in a Rodeo. Chuck Nielsen helped with can kennel sorting this week.

Chuck Nielsen won the 50/50. Gary Funkhouser won the attendance drawing, but did not collect. There were 10 members and 1 guest at the meeting.

Prayers

- October 6 — Steve Irvin
- October 20 — Chuck Nielsen
- October 27 — Ken Graham

The triathlete and a the frog.

A man was out jogging in the forest one day when a frog called out to him and said, "If you kiss me I'll turn into a beautiful princess." He bent over, picked up the frog, and put it in his pocket. The frog spoke up again and said, "If you kiss me and turn me back into a beautiful princess, I will tell everyone how smart and brave you are and how you are my hero." The man took the frog out of his pocket, smiled at it, and returned it to his pocket. The frog spoke up again and said, "If you kiss me and turn me back into a beautiful princess, I'll stay with you for a year and do ANYTHING you want." Again the man took the frog out of his pocket, smiled at it, and put it back into his pocket. Finally the frog asked, "What's the matter? I've told you I'm a beautiful princess, that I'll stay with you for a year and do anything you want. Why won't you kiss me?" The man replied, "Look, I'm a Triathlete. I don't have time for a girlfriend, but a talking frog is cool."